

5/3 River Bank Run Tuesday Training Program

Week	Group A	Group B	
1	L 1mile warm up - 7on 3 off x 3 cool down (7 on is at a 5k race pace + 30 sec)	1mile warm up - 7on 3 off x 4 cool down (7 on is at a 5k race pace + 30 sec)	On the normal 5 mile loop
2	H 1 mil wu - Hill Repeats 4x60 sec then 4x3 min jog back down cool down as needed	1 mil wu - Hill Repeats 4x60 sec then 4x3 min jog back down cool down as needed	on fountain / lyon depending on snow and traffic
3	S .5mil wu - 3 on 2 off x 5 .5mil cd	.5mil wu - 3 on 2 off x 7 .5mil cd	On the normal 5 mile loop
4	L !mil wu - hard tempo 3 mile at 25k race pace less 15 sec per mile & cd	!mil wu - hard tempo 3 mile at 25k race pace less 15 sec per mile & cd	details to come
5	H 1 mil wu - Hill Repeats 3 x long hill jog back down & cd	1 mil wu - Hill Repeats 5 x long hill jog back down & cd	details to come
6	S .5 wu - 1on 1off - 2on 1off - 3on 1off x 2 & cd	.5 wu - 1on 1off - 2on 1off - 3on 1off x 3 & cd	details to come
7	L 1 mil wu - 5 on 3 off / 3 on 2 off x2 & cd	1 mil wu - 5 on 3 off / 3 on 2 off x 3 & cd	details to come
8	H 1 mil wu - Hill Repeats 4x90 sec jog back down	1 mil wu - Hill Repeats 5x90 sec jog back down	details to come
9	S 1milwu 4x100 strides - 6 x 1/4 mile with 1/8 jog recovery 1mile cd	1milwu 4x100 strides - 8 x 1/4 mile with 1/8 jog recovery 1mile cd	details to come
10	L !mil wu - hard tempo 3 mile at 25k race pace less 15 sec per mile & cd	!mil wu - hard tempo 3 mile at 25k race pace less 15 sec per mile & cd	details to come
11	H .5 wu 4 x 1/2 mile hill recover on way down & CD	.5 wu 6 x 1/2 mile hill recover on way down & CD	details to come
12	S .5 wu - 400 hard 400 easy 800 hard 400 easy mile hard 400 easy x 2 & cd	.5 wu - 400 hard 400 easy 800 hard 400 easy mile hard 400 easy x 3 & cd	details to come
13	L 1mile warm up - 7on 4 off x 3 cool down	1mile warm up - 7on 3 off x 5 cool down	details to come
14	H 1 mile warm up 12x1/4 1mile cool down LAST HARD WORK OUT	1 mile warm up 12x1/4 1mile cool down LAST HARD WORK OUT	details to come
15	S EASY GROUP RUN	EASY GROUP RUN	details to come

